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Toronto metro

Your essential daily news | TUESDAY, MARCH 14, 2017 | High -6°C/Low -10°C Snow showers

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COURTESY GIRL GUIDES OF CANADA

Women getting 'winnowed out' on rise to top

WOMEN ON BOARDS

Gender parity on Bay Street almost nil among top execs

May Warren
Metro | Toronto

Women continue to be underrepresented in the upper echelons of Bay Street's biggest financial institutions.

Only five are listed among the 30 top executives at the country's six largest lenders, according to recent regulatory reports, and one advocate says they're getting "winnowed out" around middle management.

There's a "healthy pipeline" of women in more junior roles and banks are setting aggressive gender-parity targets, said Jennifer Reynolds, president and CEO of Women in Capital Markets, an organization that advocates for women in finance.

But when it comes to sitting in the corner office, women continue to be short-changed. There still has never been a female CEO of a major Canadian bank.

Reynolds attributes it to an unconscious bias in hiring and doling out promotions along with the tendency of men being more likely to champion other men.

A Bloomberg analysis of regulatory reports for the top eight banks shows women make up 21 per cent of named executives but only get 10 per cent of the pay overall.

Leading the list of top-paid women was Janice Fukakusa, former chief financial officer of Royal Bank of Canada. She has now retired, but made more than $4.6 million in 2016, excluding her pension.

Other women at the top included Jennifer Tory, the group head of personal and commercial banking at RBC, who brought home more than $4.2 million, and Toronto Dominion Bank's Colleen Johnston, who made $3.1 million.

Canada's banks are making progress toward parity and in many ways are doing better than other industries, Reynolds stressed.

"But having said that, when you think it's 2017 and here we are with so few women in those types of roles, of course I'd like to see it move faster," she added.

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metro NEWS

Your essential daily news

B.C. premier backs move to stop employers from forcing high heels on female staff. **Canada**

A section of the Toronto Botanical Garden near Lawrence and Leslie. Experts say the city needs to do a better job to promote garden tourism. TORSTAR NEWS SERVICE

There's room to grow for Toronto garden tourism

ECONOMY

Toronto needs to stake claim in emerging green travel

Gilbert Ngabo
Metro | Toronto

Toronto is lagging behind other North American cities in garden tourism and must up its gardening game to compete on a global scale, industry experts say.

"I don't even know if we sold a hundred thousand tickets all of last year, to be honest," said Harry Jongerden, executive director of Toronto Botanical Garden.

That's a dismal result for an industry that's seeing growth all over the world. At a North American garden tourism conference taking place downtown Toronto this week, industry representatives said Vancouver and Montreal eclipsed one million visitors each in garden tourism last year.

More than 130 million people visit gardens each year in the United States, and Singapore's successful greening campaign — the large Asian metropolis created over 1,000 community gardens — has earned it the tagline of "a city in a garden."

But Michael Gauthier, the executive director of the Canadian Garden Council (CGC), said

Toronto — and the rest of Canada — is "waking up" on the idea of boosting garden tourism. He added that a movement is afoot to integrate gardens to the list of what the city can offer to domestic and international tourists.

On Tuesday, the CGC will sign a memorandum of understanding with Destination Canada — a Crown corporation that markets Canada internationally — that looks to position gardens as a tourist attraction

Toronto is already working to improve the botanical garden at Lawrence and Leslie, said Jongerden. The plans include higher levels of care and maintenance, introduction of new special plants and enhanced social aspects for visitors, he said.

"Garden tourists aren't your regular park visitors. They're looking for something special," he added, noting botanical gardens must have an educational mandate. "We have to be like the Ontario Science Centre or the ROM. Fun and instructive at the same time."

GREEN SPACES

Right in our own backyard

- **Allan Gardens** near Gerrard and Jarvis.
- **Toronto Botanical Garden** near Lawrence and Leslie.
- **Toronto Music Garden** on Queens Quay near Bathurst.
- **Rosetta McClain Gardens** in the Birchmount Park.

Toronto DIGEST

Hard Rock Café to be replaced by Shoppers
The Hard Rock Café in Yonge-Dundas Square will be closing in May when its lease runs out. to be replaced by a Shoppers Drug Mart.

The rock 'n' roll-themed restaurant opened in 1978 amid Toronto's burgeoning rock scene that boasted the likes of Rush and Max Webster. It was the international chain's second establishment.

The restaurant's lease was up for renewal and the owner was asking for $2 million a year, plus taxes and operating expenses, which could be in excess of $300,000, said Smith.

TORSTAR NEWS SERVICE

Boring machine emerges
Part of a massive boring machine was pulled from beneath Toronto streets Monday morning, signaling the start of a new phase of construction of the Eglinton-Crosstown light-rail project.

Now work begins building stations and putting rail tracks into the newly carved underground pathways.

To start pulling a piece of the tunnel machine above ground, traffic came to a halt on Eglinton Avenue near Yonge. A Metrolinx spokesperson said the tunnels were finished earlier than expected, so the boring machines remained underground until a convenient time to take them out arrived.

TORSTAR NEWS SERVICE

Toronto-born Omar Khadr recuperates from surgery
Former Guantanamo Bay inmate Omar Khadr is recovering from a 19-hour operation on a shoulder that was badly injured in Afghanistan 15 years ago, his lawyer said Monday.

Toronto-born Khadr remained in intensive care at the University of Alberta hospital and it was not clear when he might be able to go home, Dennis Edney said.

Despite the pressing need and multiple infections over the years, Khadr received little treatment at Guantanamo Bay or in Canada.

TORSTAR NEWS SERVICE

Kicking hunger out of Yemen

HUMANITARIANISM

Organization using soccer to eliminate looming crisis

Gilbert Ngabo
Metro | Toronto

Teams took to the pitch at the Oakville Soccer Club last Sunday to raise funds for Yemeni people facing hunger. CONTRIBUTED

Torontonians are using the beautiful game to kick hunger out from a Middle Eastern country.

Goals 4 Yemen is a new pick-up soccer tournament that's raising funds to support non-profit organizations doing work to alleviate hunger in Yemen.

The effort is a direct response to recent warnings from the United Nations about a looming humanitarian crisis that could lead to millions of people starving to death.

"Everybody loves soccer, so we thought it would be the best way to engage youth from all communities in an important cause," said Imtiaz Kermalli, the tournament's organizer.

He has never been to Yemen but as a practicing Muslim it hurts him to see the country's population suffer.

UN emergency relief coordinator Stephen O'Brien told the Security Council last week that about two-thirds of Yemen's population (over 18 million people) is food insecure, with the ongoing conflict still driving thousands of people into exile.

"No one is really talking about Yemen, but this is one of the poorest nations in the world," said Kermalli.

With Goals 4 Yemen, individuals pay $30 for registration, and teams of seven players compete while trying to raise money throughout the tournament. Proceeds go to the Islamic Humanitarian Service, which will buy milk powder and food for Yemen's vulnerable population.

"I'm just happy to see young people coming together regardless of religion, race or culture and just try to help those in need," said Kermalli. "It's all about supporting humanity and taking care of those who are less fortunate."

DETAILS

Sunday was the first event, but it will continue over the next few months. For more information, visit goals4yemen.com

Mandi Gray EDUARDO LIMA/METRO

APPEAL

Victim surveys others about the hidden costs of sexual assault

In February 2016, two sex assault trials began at Old City Hall. Jian Ghomeshi's and Mustafa Ururyar's. The controversial decisions in both cases made headlines later that year — for Ghomeshi after his acquittals, for Ururyar after his conviction and sentencing — about whether the courts fairly judge sexual assault cases.

Ontario Court Justice Marvin Zuker's 179-page judgment convicting Ururyar of raping fellow York University student Mandi Gray roundly denounced rape myths, stereotypes about who is capable of being a rapist and victim-blaming.

Ururyar's appeal of his conviction and sentence is set to be heard Tuesday.

Gray, who chose not to have a publication ban on her identity, has organized a protest before it begins, inspired by another central question the appeal hearing will address: whether Zuker was allowed to order Ururyar to pay $8,000 in legal fees for the lawyer Gray hired to advise her — a never-before seen order.

In preparation, Gray sent out an informal survey to answer the question: "How much did your sexual assault cost you?"

She asked about both financial costs like lost tuition fees, lost income, therapy bills, medication, moving to get away from the perpetrator and transport to get to court or to therapy as well as the emotional, social and psychological costs that are hard to ascribe a dollar amount to.

The overall dollar amount from 156 responses came to about $7 million, Gray said.

Tuesday's appeal will hear arguments from Ururyar's lawyer, the Crown, the Criminal Lawyer's Association and the Barbra Schlifer Clinic, which represents women who have been affected by sexual or domestic violence.

TORSTAR NEWS SERVICE

RICK MERCER REPORT
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FAKE NEWS

Library helps filter 'alternative facts'

Gilbert Ngabo
Metro | Toronto

In the world of social media proliferation, the Toronto Public Library knows it can be difficult for some of its clientele to differentiate between fact and fiction.

To help the public safely navigate the web of alternate facts and fake news, the library has created an extensive guide on how to spot what's real and bogus. The guide is available on the library's website torontopubliclibrary.ca.

"We are bombarded by so much information, misinformation, and even disinformation on a daily basis," said librarian Winona McMorrow, who worked on compiling the resource.

"The library has always been an important place people can go to get facts. We wanted to give Toronto residents a way to help find fact-based information and also to help them think critically, a crucial skill to success in our digital, information-rich world."

Libraries across the United States have been leading efforts to dispel misinformation, especially among student communities. The Toronto Public Library initiative follows a similar project by the University of Toronto.

Some tips on spotting a sham article include looking up the author's name and qualifications, checking the About Us section of the publication, searching for similar news from other well-known publications and questioning the benefit of the article.

OPIOID OVERDOSES

Heroin urged as an option for treatment

The Toronto Board of Health is being asked to endorse a comprehensive overdose action plan that includes expanded use of prescription heroin as a substitute treatment for opioid drug addicts.

The Toronto Overdose Action Plan, developed after public consultation, calls on the province to work with health professionals "to expand the availability of on-demand opioid substitution treatment options."

That includes "supporting the provision of injectable diacetylmorphine (prescription heroin) and/or hydromorphone, according to best practice, at appropriate health settings," says a summary of the report posted on next Monday's board of health meeting agenda.

The federal government has approved prescription heroin through a special access program. Doctors apply through the program for a patient and, once approved, would supervise the patient injecting the drug at Toronto Public Health/The Works site, which already provides methadone and other treatments.

"Drug overdoses are an urgent public health issue that is having a devastating impact on individuals, families and communities," Dr. Barbara Yaffe, Toronto's acting medical officer of health, said in a news release.

Toronto has had a 73 per cent increase in reported overdose deaths over the past decade.

TORSTAR NEWS SERVICE

One of the Old Toronto Minutes tells the story of Sneaky Dee's. SCREENGRAB

Old Toronto videos sneak into city hearts

HISTORY

Creator of series hopes residents view city differently

David Hains
Metro | Toronto

Morgan Ross believes Sneaky Dee's deserves its own Heritage Minute.

As part of his Old Toronto video series, the 34-year-old musician from Vancouver made a video that explains the origins of the nacho hotspot at College and Bathurst. He hopes to get residents thinking differently about their city.

"The more people know about their community, the better the community is," he told Metro.

His Old Toronto series started as an Instagram account, which now has 6,000 followers. He expanded into minute-long YouTube clips and produces about one new video each week. Ross does all aspects of the videos, including research, writing, filming, editing and music.

Videos have included Babe Ruth hitting a home run at the Toronto Island, a history of Trinity Bellwoods Park, Superman's links to the city and the history of Dufferin Mall.

While it takes about a day and a half to make each video for his "passion project," he's been encouraged by the response.

"Old Toronto hit a nerve with people," he said. "There's so much pride in the city."

The former Vancouverite said his videos also reflect a thorny change in his own life.

"It took a long while to admit that I love Toronto," he said.

MORE VIDEOS

Videos in the Old Toronto series include the city's hidden bridges, the history of Liberty Village and the time Tom Cruise was filmed in the Don Jail. You can view them on the Old Toronto series YouTube channel.

> **There's so much pride in the city.**
> Morgan Ross

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CODE RED: TORONTO'S HOUSING CRISIS

Mayor John Tory said Monday he is "deeply concerned" about housing affordability in Toronto. EDUARDO LIMA/METRO

Tory taken to task on overheated market

CITY HALL

Mayor will assemble experts on buyers' bubble

Mayor John Tory will convene a meeting of experts to help determine what's behind the soaring cost of Toronto's house and rental market and to see what, if anything, should be done about it.

Tory said Monday he is "deeply concerned" about housing affordability in Canada's largest city, where the average price of a detached home has pushed past the $1.5 million mark.

"There hasn't been any kind of unanimity on the answer as to what we might do," Tory said Monday after meeting with provincial Finance Minister Charles Sousa.

Appropriate data is needed to determine how to "temper the marketplace," not just in Toronto but across the region, Sousa said.

"We worry about first-time home buyers and new families trying to get into the marketplace," the minister told reporters at Toronto City Hall.

"The biggest issue is low borrowing costs, low supply, relative to demand," he said, adding "the degree to which local buyers is the issue versus say local speculators, that's to be determined."

A new report by Ryerson's City Building Institute is urging policy-makers to take immediate action to cool the overheated market, whether by introducing a foreign home buyers' tax or a progressive property tax.

"As housing bubbles are allowed to expand, many are hurt or drawn into unsustainable financial situations. This is particularly the case for young Torontonians," says the report released Monday.

"When housing bubbles unwind, there is major collateral damage and people are hurt through little or no fault of their own. And the historical record is that they do unwind, essentially without fail."

Tory leaves Tuesday on a 10-day trade mission to India but said upon his return he will gather "some of the best housing, planning and financial experts" to seek their advice of the cause of skyrocketing prices and "what they think we should do about it."

The mayor is also asking city manager Peter Wallace to report, by the end of the month, on the federal-provincial working group's progress on housing prices. TORSTAR NEWS SERVICE

metro EFFECT

The announcement comes a week after Metro began its Code Red series on the housing crisis in Toronto.

Check out the rest of the series at metronews.ca.

HOUSING SURTAX

Ryerson report argues for new tax model

A new report suggests a foreign buyer tax alone can't solve Toronto's soaring housing prices.

The report, titled In High Demand and released Monday by Ryerson University's City Building Institute, favours a tax on foreign buyers — similar to the one introduced in Vancouver last summer — but suggests it should be implemented in addition to a "progressive surtax" on expensive homes owned by people who aren't paying income tax, including people with foreign capital.

"The surtax essentially gets wiped out if you're earning money locally and paying taxes locally or in Canada," said report author Josh Gordon, an assistant professor at Simon Fraser University.

It's a system that hasn't been implemented elsewhere, Gordon said. It was first proposed several months ago by his colleague Rhys Kesselman.

And it would also be progressive, like income tax. The surtax would only apply to the value of a home over a certain threshold, the report said. The further you get from that threshold, the more the property is taxed.

The surtax would target foreign buyers who don't contribute to the local labour market, as well as wealthy Canadian citizens who have "aggressively evaded taxes," the report said.

"Most importantly, the tax would alter expectations," Gordon wrote in the report. "Torontonians would come to recognize that subsequent demand for housing would be primarily local, not foreign, and thus that prices were likely to fall." THE CANADIAN PRESS

OPINION

It's time to address our housing issue

John Tory
Special to Metro
EXCLUSIVE

For the past several months, I have been increasingly concerned about house prices in the City of Toronto.

Throughout that time, I do not believe it has been possible to identify the root causes of the significant increases Torontonians have been experiencing.

To some extent, increasing prices are a result of the law of supply and demand. As the federal Minister of Finance recently pointed out, we have also seen relatively low levels of unemployment and record low interest rates in Toronto during this time, and combined with continued population growth and immigration, this has applied upward pressure on house prices.

But those factors on their own cannot necessarily explain what lies behind some of the steeper increases we have seen in recent weeks and months.

Unfortunately, we do not have up-to-date, reliable data on things such as foreign buyers, vacant houses or even AirBnB. All of these things might also influence prices and supply but objective data is simply not available, though the Ontario government is trying to do a better job in this area.

We do not have up-to-date, reliable data

In the absence of objective data, it has been difficult for me and for city staff to determine why prices are escalating so rapidly and then to determine what any of us in government could do about it.

I have repeatedly avoided reflexively endorsing a "foreign buyers' tax" when asked to do so, because I have not yet been provided with any data or analysis indicating that foreign buyers are responsible for soaring house prices in Toronto and/or that such a tax would succeed in moderating house prices.

A few months ago, we joined a small working group consisting of officials from the Canadian government, the Ontario government and the City of Toronto, the mandate of which was to monitor this situation continuously, analyze available data and recommend actions as appropriate.

As of this time, that group has not definitely recommended any particular actions for Toronto though as you know, there have been some changes to mortgage rules nationally. We continue to be active members of that working group which allows all three governments to work together and to share information from a wide range of experts.

At the City of Toronto, we have also been making significant efforts to address the one thing we know will help: increasing the supply of housing, especially affordable rental and ownership housing. The biggest challenge at the present time is to get all governments working together and contributing financially to affordable housing initiatives.

New affordable rental housing and an increased supply of housing generally will help to moderate prices and rents and we need help from the other governments now as we experience rapid increases in both prices and rents. Forthcoming federal and provincial budgets simply must step up to address this crisis.

While there would not seem to be any consensus view on what other measures we could undertake at this juncture, the seriousness of the situation has caused me to take the following two steps:

First, I have asked City Manager Peter Wallace to provide me with a report on the latest analysis from the intergovernmental working group upon my return from India.

Second, I will convene a meeting of housing industry, financial and other experts representing different points of view to ask them for their advice on the root causes of skyrocketing housing costs and for advice on effective, responsible solutions. I hope both of these initiatives will help us become better informed and help address some of the anxieties faced by Torontonians of all ages.

I want this city to be healthy in every respect, now and in the future. That means constant vigilance especially on complex files like housing. I hope these two new steps will move us closer to identifying those effective and responsible solutions which can accompany increased efforts on the supply side and thus, relieve some of the pressures currently being experienced by Torontonians.

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Girl Guides nix trips to the States

MUSLIM BAN

Group worries members could be turned away at the border

Girl Guides of Canada is cancelling any trips to the United States, citing concerns that some members could be turned away at the border.

"It also has to do with safety," Sarah Kiriliuk, the organization's national manager of marketing and communication, said Monday. "We want to make sure that if our girls are travelling that they are not going to be in a risky or unsafe situation.... We can't leave a girl behind."

The organization, which has 70,000 girls and 20,000 women who are volunteer guiders, said it decided to cancel future travel because of the uncertainty over whether all of its members would be allowed to cross into the United States.

President Donald Trump has recently introduced an immigration ban that affects would-be visitors and immigrants to the U.S. from six Muslim-majority countries who do not hold a valid U.S. visa.

"We realize we had to stand by our organizational commitment of inclusivity and diversity," Kiriliuk said. "We talk the talk, we try to walk the walk. We're an inclusive and a diverse organization and this is just an extension of that.

Girl Guides of Canada will not be approving any new travel to the U.S. until further notice, the statement said.

This includes day trips and weekend outings or longer, and any travel that includes a connecting flight through a U.S. airport.

"Not being able to cross a border, can you imagine what would happen?" Kiriliuk asked. "A group shows up at the border and one girl can't go across — that puts everybody in a very difficult situation."

If there's a trip that has been planned and paid for, Kiriliuk said, then the organization is doing a risk assessment on those trips.

The organization is encouraging people to take domestic trips especially because this is 150th anniversary of Confederation.

Girl Guides is not the first organization to suspend trips to the U.S.

Several schools and school districts across Canada debated going ahead with trips south of the border following the first executive order issued by Trump In January.

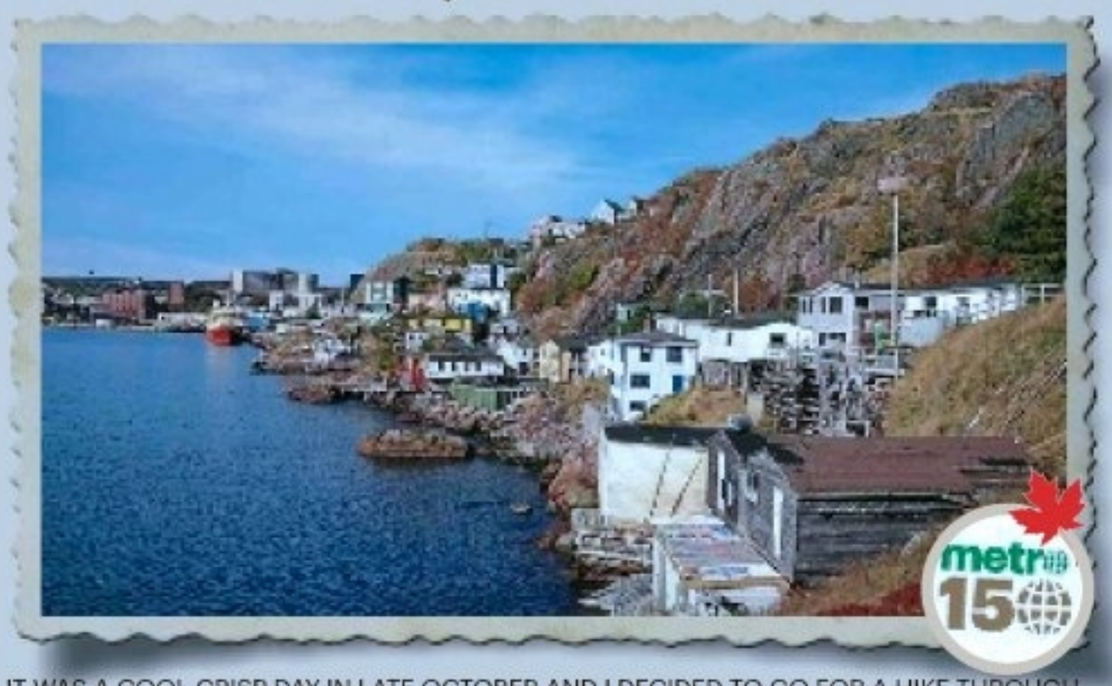
TORSTAR NEWS SERVICE WITH FILES FROM THE CANADIAN PRESS

> "We realize we had to stand by our organizational commitment of inclusivity and diversity."
> Sarah Kiriliuk

150 WAYS of looking at Canada

POSTCARD NO. 40

ST. JOHN'S, NEWFOUNDLAND



IT WAS A COOL CRISP DAY IN LATE OCTOBER AND I DECIDED TO GO FOR A HIKE THROUGH THE BATTERY LEADING UP TO SIGNAL HILL IN ST. JOHN'S, N.L. ST. JOHN'S HOLDS A SPECIAL PLACE IN MY HEART AS THE CITY WHERE I WAS BORN. THESE PICTURES HELP DESCRIBE THE NATURAL BEAUTY OF THE OLDEST CITY IN NORTH AMERICA. **GLENN BARRON**

SEND US YOUR POSTCARD

Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards.**

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B.C. premier slams mandatory heels

WORKPLACE

Canadian bill follows debate on a ban in U.K.

Legislation that would make it illegal to require women to wear high heels on the job in British Columbia is getting support from Premier Christy Clark.

"In some workplaces in B.C., women are still required to wear high heels on the job," Clark wrote on her Facebook page. "This isn't just old-fashioned; in 2017, it's unacceptable."

Clark says she backs the intent of a private member's bill introduced last week by B.C.'s Green party leader, Andrew Weaver.

The bill he introduced on International Women's Day would prevent employers from setting footwear requirements based on gender.

Clark's Facebook entry posted Sunday promises that the government will take action, saying "this practice needs to stop."

There's no indication in Clark's post if the Liberals will back Weaver's bill or bring in separate legislation.

In the United Kingdom, MPs debated a ban last week on mandatory workplace high heels in response to a petition started by a receptionist who was sent home without pay for wearing flat shoes. The debate was non-binding, but the government promised to act against heel-height rules, makeup guidelines and other corporate codes that apply to women but not to men.

Nicola Thorp was told in December 2015 that her flat shoes were unacceptable for a temporary assignment in London with finance firm PwC. Her employment agency, Portico, had a dress code specifying that female workers must wear non-opaque tights, have hair with "no visible roots," wear "regularly reapplied" makeup — and appear in shoes with a heel between five and 10 centimetres high.

Thorp started an online petition, calling formal workplace dress codes "outdated and sexist." It gathered more than 150,000 signatures, making it eligible for a debate in Parliament.

THE CANADIAN PRESS

Canada digest

Taxi driver acquitted of sex assault no longer licensed

The former Halifax taxi driver acquitted of sexual assault this month no longer has a licence to drive a cab in the municipality.

Bassam Al-Rawi had a conditional licence since September 2015 when the municipality's appeals standing committee granted his appeal of the revocation of his licence when he was charged in May 2015. But the driver never filed the proper paperwork to actually drive again, and his licence was deemed non-operational. A municipal spokesperson said Al-Rawi's licence expired on Friday.

ZANE WOODFORD/METRO HALIFAX

No personal info taken after StatsCan hacked: Officials

An online software update revealed that federal taxpayer information was vulnerable and forced the temporary suspension of two government sites last week, but not before Statistics Canada was hacked, officials say.

No personal or commercial information was accessed during the window of vulnerability that forced the Statistics Canada and Canada Revenue Agency websites offline from late Thursday and early Friday until Sunday afternoon, government officials said Monday.

TORSTAR NEWS SERVICE

INTERNATIONAL AFFAIRS

Ex-publisher of Toronto Star appointed Consul General

Former Toronto Star publisher John Cruickshank has been appointed Consul General of Canada in Chicago, where he worked as a newspaper executive for several years.

He will be responsible for consular affairs in Illinois, Wisconsin, Missouri, northwest Indiana and Kansas City.

"He was a superb publisher in Chicago. He knows the community. He knows the various leaders," Torstar chair John Honderich said Monday.

Cruickshank worked for the Chicago Sun-Times newspaper from 2000 to 2007. TORSTAR NEWS SERVICE

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FERGUSON

Security footage disputed

A prosecutor was critical Monday of store surveillance footage from a new documentary about the Michael Brown shooting in Ferguson, calling it a heavily edited attempt to distort an incident that occurred several hours before Brown died in an encounter with a police officer.

Filmmaker Jason Pollock responded by calling St. Louis County prosecutor Robert McCulloch a "master of deception" and standing by the video shown in his documentary Stranger Fruit.

McCulloch released five surveillance videos from the early hours of Aug. 9, 2014, at Ferguson Market & Liquor that he said are unedited and tell a different story than filmmakers suggest.

The footage as it appears in the documentary "was clearly an attempt to distort this and turn it into something it isn't," McCulloch said at a news conference. He added that it was potentially dangerous, setting off a Sunday night protest of about 100 people that included reports of shots fired.

On Monday night, a few dozen protesters gathered peacefully outside Ferguson Market while police officers guarded the store.

Pollock said there was no deceptive editing.

"He's trying to make it seem like I did something that I didn't," Pollock said of McCulloch on Monday in a phone interview. "Anybody who sees that video knows exactly what they see."

Brown, 18, who was black and unarmed, was fatally shot shortly after noon on Aug. 9, 2014, during a violent encounter with white officer Darren Wilson. Wilson was eventually cleared of wrongdoing by both a St. Louis County grand jury and the U.S. Department of Justice, but the shooting set off months of sometimes violent protests.

THE ASSOCIATED PRESS

House Democratic Leader Nancy Pelosi and Senate Democratic Leader Chuck Schumer speak to reporters Monday about the projection that 14 million people would lose coverage under the House Republican bill. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

Millions projected to lose their coverage

U.S. HEALTH CARE

Report defies Trump's talk of 'insurance for everybody'

Fourteen million Americans would lose coverage next year under House Republican legislation remaking the nation's health-care system, and that number would balloon to 24 million by 2026, Congress' budget analysts projected Monday.

Their report deals a stiff blow to a GOP drive already under fire from both parties and large segments of the medical industry.

The Congressional Budget Office report undercuts a central argument President Donald Trump and Republicans have cited for swiftly rolling back the 2010 health-care overhaul: that the insurance markets created under that statute are "a disaster" and about to implode.

The congressional experts said the market for individual policies "would probably be stable in most areas under either current law or the (GOP) legislation."

The report also flies in the face of Trump's talk of "insurance for everybody," which he stated in January.

> **I hope they would pull the bill. It's really the only decent thing to do.**
> Nancy Pelosi

Health secretary Tom Price told reporters at the White House the report was "simply wrong" and he disagreed "strenuously," saying it omitted the impact of additional GOP legislation and regulatory changes the Trump administration plans.

In a signal of trouble, Rep. Mark Walker, R-N.C., leader of a large group of House conservatives, said the report "does little to alleviate" concerns about the bill including tax credits considered too costly.

Senate Minority Leader Chuck Schumer said the projections show "just how empty the president's promises, that everyone will be covered and costs will go down, have been."

"I hope they would pull the bill. It's really the only decent thing to do," said House Minority Leader Nancy Pelosi.

Trump digest

States move forward with Muslim ban lawsuits

More than a half-dozen states trying to block President Donald Trump's revised Muslim ban moved forward Monday with a pair of lawsuits while the government asked that the order be allowed to take effect this week.

Washington state Attorney General Bob Ferguson, joined in his lawsuit by California, Maryland, Massachusetts, New York and Oregon, asked for a hearing with a federal judge before the administration plans to implement the ban Thursday. A hearing in a separate lawsuit by Hawaii has been scheduled for Wednesday.

THE ASSOCIATED PRESS

More time sought to back up wiretap claims

Facing a Monday deadline, the Justice Department asked lawmakers for more time to provide evidence backing up President Donald Trump's unproven assertion that his predecessor wiretapped his New York skyscraper during the election. The request came as the White House appeared to soften Trump's allegation. The House intelligence committee said it would give the department until March 20 to comply with the evidence request.

THE ASSOCIATED PRESS

Trump clown faces down Snoop's gun

Snoop Dogg aims a toy gun at a clown dressed as Republican President Donald Trump in a new music video featuring a population of clowns.

The video posted Sunday is for a remixed version of the song Lavender, by Canadian group BADBADNOTGOOD featuring Snoop Dogg.

THE ASSOCIATED PRESS

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Scotland seeks new vote amid Brexit spat

INDEPENDENCE

Move comes as U.K. clears final hurdle to begin EU exit

Scotland's leader delivered a shock twist to Britain's EU exit drama on Monday, announcing that she will seek authority to hold a new independence referendum in the next two years because Britain is dragging Scotland out of the EU against its will.

First Minister Nicola Sturgeon said she would move quickly to give voters a new chance to leave the United Kingdom because Scotland was being forced into a "hard Brexit" that it didn't support. Britons decided in a June 23 referendum to leave the EU, but Scots voted by 62 to 38 per cent to remain.

Scotland must not be "taken down a path that we do not want to go down without a choice," Sturgeon said.

The move drew a quick rebuke from Prime Minister Theresa May, who said a second referendum would be hugely disruptive and was not justified because evidence shows most Scottish voters oppose a new independence vote. She accused Sturgeon's Scottish National Party of political "tunnel vision" and called the referendum "deeply regrettable."

"It sets Scotland on a course for more uncertainty and division," May said.

Sturgeon spoke in Edinburgh hours before Britain's Parliament approved a Brexit bill that will allow the U.K. to start the formal withdrawal from the EU within days.

Sturgeon said she would ask the Scottish Parliament next week to start the process of calling a referendum, to be held between the fall of 2018 and the spring of 2019. She said by then, details of Britain's post-Brexit deal with the EU would be clear and Scottish voters would be able to make "an informed choice."

THE ASSOCIATED PRESS

Scotland's First Minister Nicola Sturgeon is demanding a new independence vote as the United Kingdom's split with the EU looms. THE ASSOCIATED PRESS FILE

NETHERLANDS

Turkey gets even for ministers' treatment

Turkey announced a series of political sanctions against the Netherlands on Monday over its refusal to allow two Turkish ministers to campaign there, including halting high-level political discussions between the two countries and closing Turkish air space to Dutch diplomats.

Turkey wanted to drum up support in the Netherlands among Turks eligible to vote in an April 16 referendum that would greatly expand the powers of Turkish President Recep Tayyip Erdogan.

About 400,000 people with ties to Turkey live in the Netherlands, though it's not clear how many are eligible to vote.

THE ASSOCIATED PRESS

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PHILOSOPHER CAT by Jason Logan

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Seeing the forest for the cities

City life can be bad for you: Air pollution, excessive noise and a dearth of green spaces leave urbanites chronically sick and stressed-out, writes Florence Williams in a new book, **The Nature Fix**. But a walk in the woods or on the beach lowers heart rates and stress hormones, and may even help us feel more focused and sociable. With good planning, Williams writes, it's possible to create "cities of awe" with the benefits of the great outdoors built right in. **Here, five ways cities are connecting citizens to nature:**

Plant trees
One of the most important things cities can do is also the easiest. Trees attract birds, and birdsong lifts our spirits. The smell of cypress seems to ease fatigue. And that's not to mention the dramatic air-quality benefits. **Toronto** earned a shout-out from Williams for its 10 million trees.

Take a hike
Williams praised the walking trails along the tidal basin around **Seattle**. She says cities should make it as easy as possible to get her recommended minimum "dose" of five hours in nature every month. Urban noise can interfere with the benefits, but by incorporating "incredible visuals, wonderful smells and cool things to touch," cities can partly make up for it.

Bring parks to people
Nearly half of **Singapore** is covered with green space — a remarkable achievement in an Asian metropolis of 5.4 million. The city-state's goal is to get 90 per cent of its residents within 400 metres of a park. The number now stands at 70 per cent.

Bring out the best in bodies of water
Oceans, lakes and rivers are "soothing and universally loved" Williams said, so cities should keep them beautiful and make them easy to access. **Wellington**, **New Zealand** has a vast marine preserve, nicknamed the "snorkel trail," right inside the city limits.

Push kids to play
Immersion in nature has been linked to better mood and behaviour, increased focus and improved school performance in kids. **Fukuoka City, Japan** has taken disused school parking lots and transformed them into mini-ecosystems called biotopes, complete with resident ducks and swampy paddy fields to explore.

WORD ON THE STREET by Matt Elliott

City halls need to match the fast pace of city life

As I get older, I've started to think about the municipal projects under debate in terms of how old I'll be when they're finally completed.

I'll probably be past 35 by the time Toronto finally approves a comprehensive plan for laneway housing, for example. I'll be in my forties before the next major phase of waterfront development is complete. And when the first train rolls down the tracks of the city's long-planned downtown relief subway line, the odds say I could pay the seniors' fare.

Thinking about city building probably shouldn't make me contemplate my own mortality, but such is the nature of city government in Canada. Things move slowly at city halls.

But slowness doesn't need to be the status quo. Recently, some Canadian cities have shown a desire to streamline their processes, all in the service of moving a little faster.

Last week, the City of Vancouver announced a pilot project designed to speed up the approval process for low density development.

In Toronto, a city report released last spring showed that permitting round-the-clock construction can halve completion time and reduces costs by 10 to 20 per cent.

And in Montreal, a new 67-stop LRT plan backed by the province's pension fund has moved from announcement to environmental review in less than a year. That's furiously fast for a transit project.

Brian Kelcey, an urban planning consultant with experience working in the mayor's office in Winnipeg, highlights these kinds of things as examples of what he calls "fast government." He wants to see more of it.

"We have these decision-making processes that worry about cost and they worry about consultation – and those are all important things – but we haven't really built any of our systems to factor in the value of speed," he tells me.

Kelcey points to a bunch of things that tend to gum up the gears of government. Local politicians too often fall prey to a "desperate urge to accommodate everyone – no matter how impractical." Cities hold endless public consultation meetings even on issues where the outcome is inevitable.

And there's still a reluctance to adopt the tested solutions of other cities. "We often use pilot projects to relearn the lessons that other cities have already piloted," Kelcey adds.

There's no single lever for speeding up government, but Kelcey believes a part of it is a pretty simple shift in thinking.

"It needs to be a cultural change of managers, of councillors, of mayors, of citizens actually acknowledging out loud that there's a virtue to speed," he says.

Makes sense to me. I'll start. I'm Matt, I live in a city I want to see grow and improve — and I've got a need for speed.

Matt Elliott is an urban affairs columnist for Metro Toronto.

PUBLIC WORKS
The week in urbanism

Like the autobahn, but for bikes Berlin is looking at installing 13 new "bike highways," including two by the end of the year. They would be at least five kilometres long, four metres wide — to allow for safe passing — and separated from other traffic.

Like Smell-O-Vision, but for transit Singapore started a new program where 100 buses will emit subtle scents, including rose and peppermint. It's part of a mission to make riding the bus more attractive.

URBAN DICTIONARY
Induced Demand

DEFINITION The phenomenon when expanding a road's capacity simultaneously increases demand to use it and cancels out any perceived benefit, like easing gridlock.

USE IT IN A SENTENCE
The councillor wanted an urban highway to ease traffic, but city staff pointed out congestion would be at the same level in five years due to **induced demand**.

CITY CHAMP

Lourdes Juan is the founder of Calgary urban planning firm Hive Developments, which focuses on community outreach in planning. She is also founder of the LeftOvers Calgary, a non-profit that diverts food from landfills to supply local agencies.
@lourdesmjuan

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metro LIFE

Your essential daily news

Neither Rooney Mara nor Daniel Craig will star in long-awaited sequel The Girl In The Spider's Web

How to prepare for disaster

Snowstorms rolled into Toronto Monday afternoon with more wild weather promised before winter is out. EDUARDO LIMA/METRO

The storm sweeping southern Ontario doesn't look so bad. But that might not be true next time. Do you know what you'll need if you get stranded for 72 hours? **We have you covered.**

Genna Buck
Metro Canada

It's easy to get lazy about emergency preparedness during a long, mild winter.

Have you been putting off packing a disaster kit? Have one, but raided it for snacks months ago? You're not alone.

But with the weather so unpredictable, it's always wise to take a page out of the preppers' book and get some supplies together just in case. That way, you'll never be stuck lining up for batteries and bottled water when the forecast looks scary.

Experts recommend packing this stuff in a rolling suitcase, keeping it in a convenient spot like a front hall closet, and putting a mini-version in the car. And remember: Spring is flooding season. It never hurts to be ready.

THE JUST-IN-CASE BAG

KEEP THIS IN AN EASY-TO-REACH PLACE

- ☐ **Copies of important documents**, like ID and insurance information, are a no-brainer.
- ☐ **Write down phone numbers.** If your device dies, you'll need to know how to get in touch with your loved ones and local emergency services.
- ☐ An **extra phone battery** is a good idea, too.
- ☐ **Non-perishable food, water, toilet paper and a can opener:** Enough to last every member of your household for 72 hours. The rule of thumb for drinking water is two litres per person per day.
- ☐ **Cash**, including plenty of small bills and change for payphones. ATMs and cell phone towers may be down if the power is.
- ☐ **Duct tape**, plus a **tarp**: Good for all-purpose fixing and covering broken windows.
- ☐ **Wrench** or other tools: You may need to turn off utilities like gas, water and electricity. Figure out how to do this where you live, and pack the tools you'll need.
- ☐ **First aid kit** with hand sanitizer and preferably a dust mask (the Red Cross has these).
- ☐ **Blanket**
- ☐ **Flashlight and extra batteries**
- ☐ **Portable radio:** To listen to local announcements. Make sure it doesn't need to be plugged in!
- ☐ **A whistle** to call for help
- ☐ **What YOU need:** What would you be in trouble without for three whole days? Baby formula, diapers, pet food, medications, toiletries?

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When home life and work life merge

PARENTING

BBC dad went viral, but role is usually held by 'hybrid' moms

Kristen Thompson
life@metronews.ca

If you spent more than a nanosecond online over the weekend, you probably saw the video of a toddler bombing her dad as he's giving a live Skype interview with BBC News.

You also probably laughed out loud as the little girl bounced into her father's home office, followed by a younger sibling in a walker, then their panicked mother who drags the kids out of the room. But for those working from home, that comedy of errors is all too familiar.

With many workplaces offering little flexibility as to when and where parents can work, and daycare costs continuing to rise, more parents are choosing to leave their careers to carve out new paths as freelancers or entrepreneurs.

More often than not it's women, not men, who are entering this new fray: not quite stay-at-home moms, not quite working moms, but some sort of hybrid version of both.

Irene Boekmann, assistant professor in the department of sociology at the University of Toronto, says children are a big driving factor forcing women from work, and that this doesn't tend to be the case for fathers.

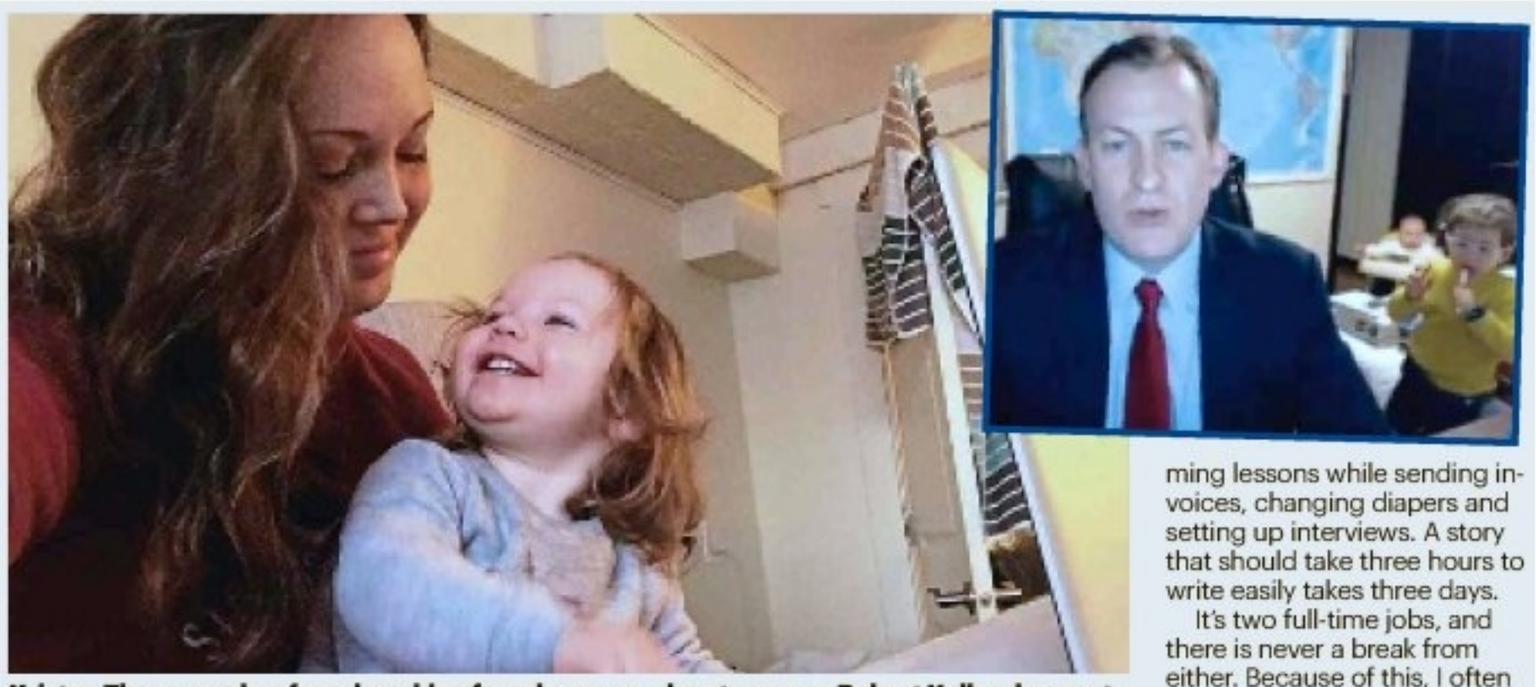
"There is definitely an interesting gendered story here," she said, pointing out that mothers with younger children are more likely to work from home than other women. "Research shows that children increase Canadian women's (but not men's) likelihood of self-employment."

When home life and work life are one in the same, there's no real break from either.

Melissa Milkie, a sociology professor at the University of Toronto, says a lack of feasible part-time professional work, along with workplaces with inflexible work hours, can be push factors that drive women to entrepreneurial work from home.

"The unfriendly workplace, full time work, (they're) not easy to combine with motherhood," Milkie said. "But it may be difficult to re-enter the workforce down the road.

"What we call 'role-blurring' between work and family roles, is actually linked to more distress for workers — more anxiety, depression, anger and so on." TORSTAR NEWS SERVICE



Kristen Thompson has found working from home as adventurous as Robert Kelly who went viral when his kids crashed his live TV interview with the BBC (inset). CONTRIBUTED

Voices shouting 'mom' under the door: I felt his pain

The first time I watched the BBC video, I laughed out loud — then I cringed, because I've been there.

I've nearly dislocated my shoulder trying to shoo my kids out of the room while doing an interview, or typed frantic "get them out of here!" texts to my husband as tiny voices shout "mom!" under the locked door.

It sounded luxurious at first: as a freelance journalist I could choose my own schedule, work in pyjamas, have wine at 3 p.m. But the reality ended up being a lot messier. The truth is I feel I'm pulled in more directions than I can manage.

When home life and work life are one in the same, there's no real break from parenting or working — you're doing both at all times.

Household chores that were divided up evenly when I worked in the office now fall almost exclusively on me as my husband's work hours are set, and mine are flexible. So I do the bulk of daycare drop offs and grocery shopping, meal prep and doctor's appointments. Crammed in between all of that I'm researching, interviewing and writing. I'm signing kids up for swimming lessons while sending invoices, changing diapers and setting up interviews. A story that should take three hours to write easily takes three days.

It's two full-time jobs, and there is never a break from either. Because of this, I often feel like nobody really gets my full attention — not my work, and not my family.

Self-employment has been a wonderful opportunity for my family. It meant a pay cut, but it has also meant a degree of freedom I never had in my previous working life.

That doesn't mean it's easy, as the parents in the viral video can tell you. As I type this, my 1-year-old is lying on my chest and my 3-year-old is yelling for help from the kitchen. It's hard. But it's also the best.

Stretching: The scientific truth

EXERCISE

Body experts say the way we warm up may be all wrong

Jonathan Forani
life@metronews.ca

Among the glut of exercise advice, one thing seemed settled long ago: don't forget to stretch.

So we pulled our limbs in every direction, tugged on our ankles and reached for our toes before every workout.

But in recent years stretching doubt set in, as studies cast doubt on its effectiveness and some suggested it could lead to injury.

"An exercise in nothingness?" headlines read. If it doesn't work, why bother?

"There's been a lot of confusion," says David Behm, a leading stretching expert from Memorial University in Newfoundland.

But Behm and an international group of researchers are closer to understanding the value of stretching and how to do it after conducting an expansive review, published last year, of 150 studies.

Their conclusion? Yes, you should stretch — but not the way you think. The key to the pre-workout regimen is "dynamic" stretching. Also called "movement practice," it has become an established decree of fitness experts, despite not fitting most conceptions of "stretching."

"Most people think 'I want to get more flexible and I want to get stronger,'" Behm says, but the traditional brand of stretch-and-hold, sit-and-reach exercises, or what is called "static" stretching, won't help your workout. In fact, an extensive stretching routine could make you weaker and lead to injury, Behm says, comparing it to using a slack elastic band to pull a wagon, instead of one that's taut.

Dynamic stretching involves a gambit of movement exercises that take the joints through their full range of motion — high-knees, butt-kicks, walking lunges, deep bodyweight squats, trunk rotations and arm swings to name a few.

"It's a very different type of thing than what people consider stretching," says Greg Wells, assistant professor of kinesiology at the University of Toronto. "It's great before almost every single type of activity."

Static stretching won't do that. Instead, it slows the body, which is the opposite of what's needed for a workout.

"What you want to do is prime your body for the motion," says Kathelen Trotter, Toronto fitness expert and author of Finding Your Fit.

"The body needs a really good balance of mobility and flexibility," Trotter says, noting static stretching can help with the latter, but extensive stretch-and-hold routines should be a separate workout altogether.

Static stretching is also a good practice for relaxation since it calms the nervous system down.

"It's an amazing way to decrease stress," says Wells. "If you've had a tough day, if you're wired, if you get home at night and you feel like you're about to explode, stretching is one of the most amazing things you can do. Turn on a show and instead of lying on the couch, stretch for half an hour."

While the research has come a long way, there's more to be done. Stretching post-workout has not been studied at length, but Behm says he would warn against stretching after an especially rigorous routine.

"If the workout has been quite fatiguing then the muscles are weaker and an intense stretching bout could overcome the weaker muscles and lead to muscle strain injury."

TORSTAR NEWS SERVICE

What you want to do is prime your body for the motion. The body needs a balance of mobility and flexibility. Kathleen Trotter

STATIC VS DYNAMIC

Before runs, squat and lunge

While more traditional static stretching is good for relaxation, fitness experts insist **dynamic stretching** is much more important before any rigorous activity.

Before a long run, you might warm up with a **short jog** followed by **deep squats** that grease the legs and hips, Wells suggests. **Walking lunges** are also encouraged.

Dynamic stretching is about getting the body ready for physical activity: "waking the body up, activating the muscles, lubricating the joints, and increasing the body's temperature," says Greg Wells, assistant professor of kinesiology at the University of Toronto.

ISTOCK

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Witnessing the birth of our own star system

THE SHOW: The Canadian Screen Awards (CBC)
THE MOMENT: The birth of a star system

Midway through the two-hour ceremony honouring excellence in film, television and digital, the director Atom Egoyan introduced Lifetime Achievement Award winner Christopher Plummer as "quite simply, the best stage and screen actor this country has produced."

Plummer was as professionally modest as ever. "I'm so old my first word as a baby was in Latin," he began, and concluded with, "The curtain has not yet fallen [on my career]. It's simply stuck."

So clearly deserving is Plummer, you have to wonder who the Academy of Canadian Film and Television could have given this award to before him. But the night provided some candidates who might earn it down the road.

Tatiana Maslany won best actress for both the film The Other Half and the TV series Orphan Black. Wunderkind-turned-Wunderadult Xavier Dolan won for writing and directing It's Only the End of the World.

Natasha Negovanlis with her CSA award. TORSTAR NEWS SERVICE

Other awardees included Stephan James, Molly Parker, Vincent Cassel, Catherine O'Hara and Tantoo Cardinal.

Notice a pattern? Canada keeps insisting it doesn't have a star system, but it sure looks to me like we have stars.

Yeah, Dave Chapelle got a standing ovation just for showing up, but the Icon award he presented was a worthy one, to Montreal's Just for Laughs. And guess why: because it creates and nurtures comedy stars.

Then, in the most promising development, The Fan's Choice award went to Natasha Negovanlis, who plays the title character, a queer vampire, on Carmilla, a digital series. It wasn't exactly the Big Bang, but small explosions create stars, too.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Bartender/host Adam Snider from the show First Dates, which airs Tuesdays on Slice. HANDOUT

Going in blind — with flies on wall

REALITY TV

First Dates puts us in the heart of the awkwardness

Two strangers walk into a bar. That's not the beginning of a joke, that's the premise behind First Dates.

The series, which invites viewers to eavesdrop on couples as they squirm through a blind date, returns for a second season March 14 on Slice.

The First Dates franchise started several seasons ago in the U.K. This English Canada edition takes place at an upscale Vancouver restaurant. (A French Canadian version was shot in Montreal.) About a thousand potential daters applied; three-quarters were single women.

"Men are harder to find," says executive producer Toby Dormer. "That may be down to Vancouver: hard to find single men."

Greeting them at the restaurant is host/bartender Adam Snider. "I can usually tell right away if there's any chemistry," he says. "Of course there's a lot of nerves. First dates are scary, right?"

In the season's first episode, an exotic dancer is matched with a "strapping stuntman." A few tables over, a masseuse named Megan is, we are told, "looking to get her hands on Mr. Right." She's paired with Rob, a marine technician who seems lost at sea.

"How old are you anyways?" was one of Rob's charming openers. Things went downhill from there.

All the chemistry, fireworks, awkwardness and discomfort is captured by over 40 cameras.

"They're small, about the size of a pint of beer," says Dormer of the unmanned cameras. The daters — who can be in the restaurant up to two hours — quickly forget the cameras are there.

"It's about as close as you can get to being a fly on the wall."

There are some surprises in the season premiere, especially when viewers learn what came next for two gay daters who met at the restaurant.

Season 2 features straight, gay and lesbian couples.

"We have a trans woman," says Dormer. "It's simply who came to us. Every person out there is welcome to be on the show. We have kids who were 19 and we had people in their 70s. Searching for a partner, for the most part, is about as universal a theme as you can get."

THE CANADIAN PRESS

OBITUARY **AMY KROUSE ROSENTHAL**

Beloved author passes away

Amy Krouse Rosenthal, an author, filmmaker and speaker who brightened lives with her wide-eyed and generous spirit — and broke hearts when she wrote of being terminally ill and leaving behind her husband Jason — died Monday at age 51.

Rosenthal had been diagnosed in 2015 with ovarian cancer. Her death was confirmed by her longtime literary agent, Amy Rennert, who said Rosenthal "was the most life-affirming person, and love-affirming person."

Rosenthal completed than more 30 books. She made short films and YouTube videos, gave TED talks and provided radio commentary for NPR. THE ASSOCIATED PRESS

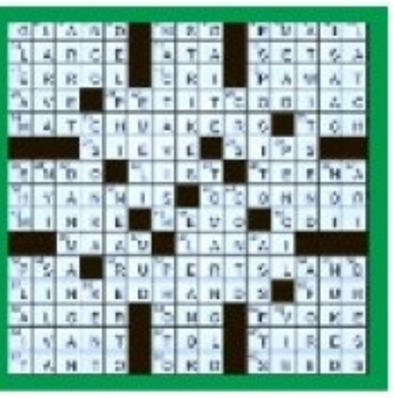
Rosenthal recently wrote the essay You May Want to Marry My Husband for the New York Times.

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

9	8	7	5	4	1	2	3	6
1	3	6	8	7	2	9	4	5
4	2	5	6	9	3	1	7	8
5	4	9	7	3	8	6	1	2
2	7	1	9	5	6	4	8	3
8	6	3	2	1	4	5	9	7
7	9	8	4	2	5	3	6	1
6	1	2	3	8	9	7	5	4
3	5	4	1	6	7	8	2	9



metro SPORTS

With up to 70 million office pools, more Americans will fill out NCAA brackets than voted for either Donald Trump or Hillary Clinton in the 2016 election

Matthews says 'the offence will come'

NHL

Leafs rookie hasn't recorded a point in the last five games

"It's a tight race, what we want to be in.
Auston Matthews on being in the hunt for a playoff berth

CARLOS OSORIO/ TORSTAR NEWS SERVICE

If anyone is worried that Auston Matthews is in a bit of a slump, with no points in his past five games, it isn't the rookie himself or even Maple Leafs coach Mike Babcock.

"Well, I noticed (Alex Ovechkin) didn't have a goal in 10 games. I don't think they're worried about Ovie. I'm not going to spend too much time worrying about Auston," said Babcock.

"Auston wants to score every game. He plays hard, he's competitive. His line did a good job in Carolina (a 3-2 overtime win by the Leafs on Saturday night). There was no room at all."

Matthews sat in his stall after practice Monday at the BB&T Center — home of Tuesday night's opponent, the Florida Panthers — knowing the questions were coming. He was, after all, sitting beside season-long linemate Zach Hyman, who had just been grilled about Matthews' slump.

"It's just about doing the right things, getting to the net, scoring a dirty one," Hyman said of Matthews. "Once you get one, they seem to come in bunches. Just play well, play well defensive. The offence will come.

"He's mature for his age and he handles it well. He's a great player. The puck is going to go into the net for him."

Five games without a point ties his longest drought of the year — the beginning of a stretch of 13 games without a goal, starting in late October.

"There are things I can tweak," said Matthews. "As an offensive player, you want to produce, you want to score goals and help the team win, and right now we're winning. For me, that's the most important part.

"You want to get back on the scoresheet, help the team out whatever way you can."

There is nothing particularly wrong with his game. He's getting his usual 17 to 19 minutes of ice time. He's taking shots. Power-play time has been at a premium because the opposition has been playing disciplined hockey against the Leafs, the league's best with the man advantage.

"I just want to play hockey and have fun," said Matthews.

In particular, the unit with Tyler Bozak — who didn't practise Monday but is expected to face the Panthers — flanked by James van Riemsdyk and Mitch Marner has been on fire lately, after struggling through most of February. Van Riemsdyk just emerged from a 14-game goal-less drought, notching two goals and two assists over his last three games.

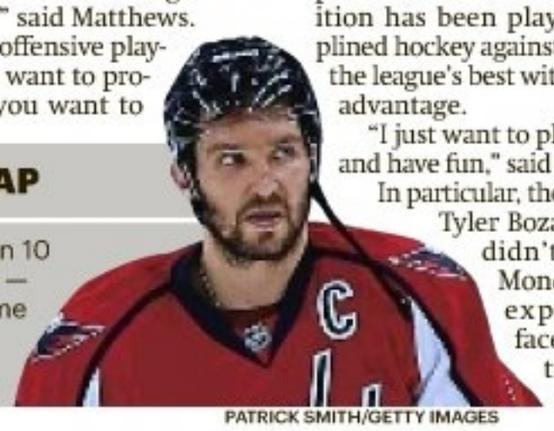
"He's obviously one of the guys that has been around for a while here," Matthews said of van Riemsdyk. "You can pick his brain. He's been through it all. When he's going and that line is going, I like our odds."

The Leafs would appear to be masters of their own destiny at this point, with 15 games to go and a post-season berth within their grasp.

"It would be huge for all of us," said Matthews. "It's been the goal for us the whole year. It's what we're aiming for. We set the bar at that expectation. Hopefully we can surpass it."

TORSTAR NEWS SERVICE

OVECHKIN'S COLD SNAP



Alex Ovechkin hasn't scored a goal in 10 games or an even-strength goal in 18 — both the worst stretches of the six-time Richard Trophy winner's 12-year, 907-game career.

PATRICK SMITH/GETTY IMAGES

NBA

Raptors get back into win column

Jonas Valanciunas throws down two of his 14 points on Monday night.
TORSTAR NEWS SERVICE

DeMar DeRozan scored 25 points to lift Toronto 100-78 over the Dallas Mavericks on Monday, a much-needed win in the Raptors' battle for playoff positioning.

Jonas Valanciunas added 14 points and 12 rebounds as the Raptors (39-28) won for the first time in three games. Norman Powell chipped in with 19 points, while Patrick Patterson and Delon Wright added 11 apiece.

Dirk Nowitzki, who at 38 recently became one of six players in NBA history to score more than 30,000 points, led the Mavericks (28-38) with 17 points.

Back home after going 2-3 on the road, and playing their 10th straight game without three-time all-star Kyle Lowry, the Raptors led for much of the night but didn't put double digits on their opponent until the third quarter. Toronto took a 79-66 advantage into the fourth.

With 15 games left in the regular-season, the Raptors — fourth in the Eastern Conference — continue to chase Washington and Boston, who each had 3.5 games on Toronto ahead of Monday's action.

THE CANADIAN PRESS

MONDAY At ACC

100	78
RAPTORS	MAVS

BASEBALL IN BRIEF

Gregorius leads Dutch team to rout over Israel

Didi Gregorius drove in five runs Monday to lead the Netherlands over Israel 12-2 and hand the tournament debutants their first loss of the World Baseball Classic.

Gregorius doubled in a run in the third when the Netherlands scored four to take a 6-0 lead. The designated hitter then hit a three-run homer in the fourth to make it 10-0.

Gregorius also drove in a run in the eighth on a sacrifice fly when the Netherlands added two more runs. THE ASSOCIATED PRESS

Blue Jays hold off Red Sox

Kendrys Morales had a solo home run and added a single as the Toronto Blue Jays held on for a 4-3 win over the Boston Red Sox on Monday afternoon in Grapefruit League play.

Darwin Barney drove in two runs with a single for Toronto (5-10), while J.A. Happ started for the Blue Jays, striking out one and giving up a run in four innings pitched to earn his first win of spring training.

Mitch Moreland and Rusney Castillo both homered for Boston (7-10).

THE CANADIAN PRESS

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ATHLETICS

Running legend Whitlock dies at 86

Ed Whitlock THE CANADIAN PRESS

Ed Whitlock had a love/hate relationship with running. The promise of fast finishes and smashed records always pulled him — grudgingly — back to the trails.

The decorated marathon runner, who famously broke records well into his 70s and 80s, died Monday, just a week after his 86th birthday. Whitlock's family said he died of prostate cancer in a Toronto hospital.

"His wisdom, guidance and strength of character will be greatly missed by his wife Brenda, sons Neil and Clive, and sister Catherine," Whitlock's family said in a statement distributed by Canada Running Series, the organizer of the annual Scotiabank Toronto Waterfront Marathon.

The British-born resident of Milton, Ont., who called his training runs "a chore," holds more than three dozen world records from the road and the track. He became the first septuagenarian to run a marathon in under three hours when he posted a time of two hours 59 minutes 10 seconds at age 72 at the 2003 Scotiabank event.

A year later he improved that record with a time of 2:54:49, a result that, if age-graded, is considered by many to be the fastest marathon ever run. Alan Brookes, the race director of the Toronto event, called Whitlock a "legend." THE CANADIAN PRESS

IN BRIEF

Chelsea knock defending champs United out of cup

N'Golo Kante sent Chelsea into an FA Cup semifinal meeting with Tottenham by ending Manchester United's title defence on Monday, sealing a 1-0 victory after the holder's Ander Herrera was dismissed on a fiery night at Stamford Bridge.

Kante broke the deadlock five minutes into the second half unleashing a shot from 20 yards that beat goalkeeper David De Gea. THE ASSOCIATED PRESS

Vet Ware calls it a career

DeMarcus Ware won't be returning to the Dallas Cowboys nor the Denver Broncos as expected. The 12-year NFL veteran is instead retiring.

Ware announced his decision Monday on Twitter. Next to a split image of the Cowboys and Broncos, Ware wrote, "After a lot of thought and prayer, I've decided to accept the unknown and retire from my NFL career. Long-term health of quality of life outweigh the passion to play." THE ASSOCIATED PRESS

Northwestern finally gets in on Madness

NCAA BASKETBALL

Illinois school makes it to tournament for first time

Northwestern coach Chris Collins, centre, players and supporters in Evanston, Ill., react as the team was named to the NCAA Tournament on Sunday. NAM Y. HUH/THE ASSOCIATED PRESS

Northwestern's agonizing wait went down to the wire.

All those forgettable moments and tantalizing teases over the previous 77 seasons were cast aside Sunday as the Wildcats celebrated their first NCAA Tournament bid when the final section of the bracket was revealed. By earning the No. 8 seed in the West Region, Northwestern will face ninth-seeded Vanderbilt on Thursday in Salt Lake City.

Northwestern ceded the title of having the longest tourney drought among power-five conference schools to Rutgers by becoming one of five first-time entrants in the 68-team field — the most since the field expanded to 40 in 1979.

The immediate reaction inside Welsh-Ryan Arena in Evanston, Ill., included fists pumping, fans cheering and band members spilling onto the court. Outside the arena, the celebration included Twitter posts from notable alums including actress Julia Louis-Dreyfus.

"To see all of this, it gets you emotional because these are the things we all dreamed of," coach Chris Collins said. "To see the guys very emotional before we came out, this has meant a lot to them and it's something we put a lot into, and just a really special day. You don't get many chances in life in anything to be a part of something historical, things that have never ever been done."

Before Collins arrived in 2013-14, moments like this one seemed as implausible as the Chicago Cubs winning the World Series. Now, in a five-month span, both droughts are over thanks largely to men who insisted players believe.

In Collins' case, he instilled such a strong sense of purpose that his players already were donning T-shirts that read "Northwestern" on one line and "March into April" on the other.

> **When we finally got called it was just a huge sigh of relief.**
> Scottie Lindsey, Northwestern swingman

"I'm used to being part of all the 'firsts' here. I was Coach Collins' first recruit," sophomore forward Vic Law said. "That belief that we all had — that vision that me and coach Collins shared — was that this would be different."

Last year, 20 wins were not good enough. This year, the Wildcats (23-11) refused to be kept out. They broke the school record for wins and reached the Big Ten Tournament semifinals for the first time.

Joining Northwestern as schools in the tournament for the first time are Northern Kentucky, Jacksonville State, North Dakota and UC Davis. THE ASSOCIATED PRESS

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YESTERDAY'S ANSWERS ON PAGE 18

MAKE IT TODAY

Delicious Avocado and Tuna Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Packing your lunch can feel as insurmountable of a task as hitting the gym before the office but this sandwich errs on the side of easy and delish so you can make both happen in the morning. OK, fine, you can skip the gym.

Ready in 10 minutes
Serves 2

Ingredients
- 1 can tuna packed in water
- 1 stem of celery chopped fine
- 1 or 2 Tbsp mayonnaise
- 3 or 4 cherry tomatoes chopped
- 1 carrot, grated
- 1/2 avocado sliced
- 2 tortillas

Directions

1. In a bowl, mix tuna, celery, tomatoes and mayonnaise.

2. On the tortilla, makes stripes of the tuna mixture, grated carrots and avocado slices.

3. Wrap tightly in the tortilla. Slice in half. Repeat for second sandwich

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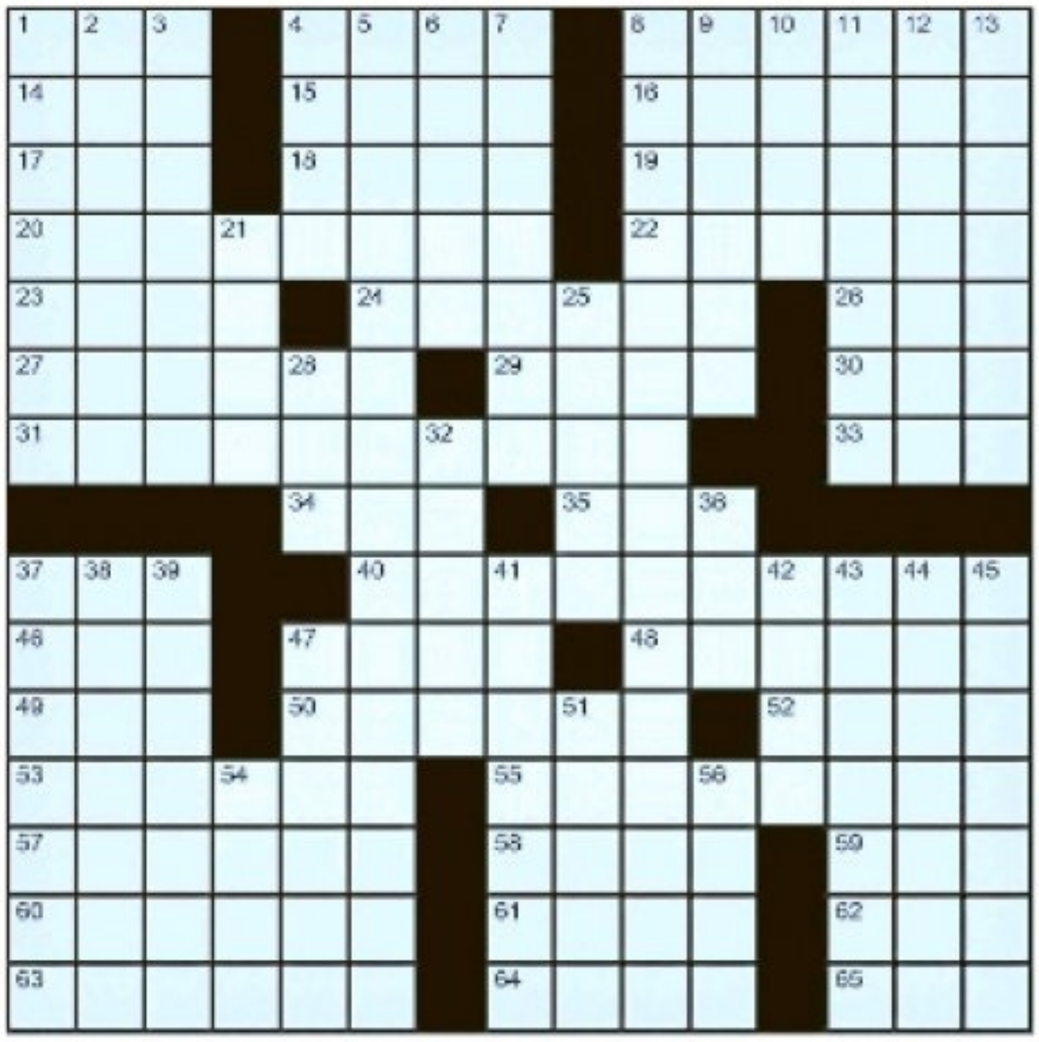
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Seal herd
4. Take __ (Try the drink)
8. The animal TV production mascot Mimsie: monogram + meower
14. 'Is', plurally
15. Someone smitten's status
16. Medieval king of legend
17. One bone of the chest
18. Organic compound
19. Melon variety
20. Accepted the terms in the contract, for instance: 2 wds.
22. __ a go between (Is the mediator)
23. Nautically navigate
24. Solemn
26. Old English letter
27. Diner dish
29. Moisturizer content
30. Riddle-me-__
31. "Obladi, Oblada, __ __..." - The Beatles
33. "Hiss!"
34. TV show since '75
35. WWII soldiers
37. Gas stations of a multinational company headquartered in London, England
40. MuchMusic's old documentary-style series about recording artists: wd. + symbol + wd.
46. Grampus
47. Rip off
48. Daniel Defoe character, Robinson __
49. "__-haw!"
50. Metallica drummer Lars
52. Li'l owed money installments
53. Prefix to 'fugal' (Outwardly moving from the middle)
55. CBC's daytime lifestyles show: 2 wds.
57. Unrepeated happening
58. Grouping
59. __-disant (Self-styled)
60. "Fab!"
61. "Born Free" (1966) lioness
62. Veil heroine in ancient Greek myth
63. Fittings in clothing store changing rooms
64. Robert of "The Brady Bunch"
65. Washington politician, wee-ly

DOWN
1. Shade provider in a lovely painting
2. Paper crafting
3. Question/interview post-mission
4. Pulitzer-winning author James
5. Steep sedimentary sights on PEI's coastline: 2 wds.
6. "_ _ _ Extremes" by Billy Joel
7. Picasso's fashionable daughter, and namesakes
8. Kraft Dinner: wd. + symbol + wd
9. __ Ellis Ross (Diana Ross' actress daughter)
10. Washington state volcano, __. __. Helens
11. Those going after blowing away belongings
12. Songs of dawn
13. Ruins the hotel room
21. Fashionable magazine
25. Online journals
28. For instances, for short
32. Pomp and Circumstance Marches composer, Sir Edward __ (b.1857 - d.1934)
36. __ John A. Macdonald
37. Particular protest
38. Primping person
39. 1996 I Mother Earth album: '__ and Fish'
41. Bypassing being
42. __ ' tea (Orange Pekoe serving, perhaps)
43. Gradual method of learning
44. Like still-raw meat on the BBQ: 2 wds.
45. Sitting
47. "__' U.S.A." by The Beach Boys
51. South American country
54. Benicio Del __
56. Alum

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be careful, because it's easy to overreact when dealing with others today, especially partners and close friends. Remember — you don't have to win all the time.

Taurus April 21 - May 21
Avoid controversial subjects like politics, religion and racial issues today, because they will turn into a fight. Instead, look for ways to be supportive of co-workers on the job.

Gemini May 22 - June 21
Disputes about shared property, children or even a romantic relationship might take place. It's easy to make a mountain out of a molehill today — take it easy.

Cancer June 22 - July 23
Be patient with family members today, especially female relatives, because jealousy is likely. Furthermore, people will stifle their emotions today, then let them loose. (Yikes!)

Leo July 24 - Aug. 23
Avoid arguments with siblings and daily contacts today. In one way, you feel optimistic and upbeat, but this might change quickly if you cross swords with someone.

Virgo Aug. 24 - Sept. 23
Financial arguments are likely today because people are quick to anger. Be careful, because it's easy to blow things out of proportion today.

Libra Sept. 24 - Oct. 23
This is a tricky day. In one way it's positive, upbeat and happy (oh, yes). However, if someone disagrees with you, things could turn nasty very quickly. Stay calm.

Scorpio Oct. 24 - Nov. 22
Something going on behind the scenes concerns you today. Initially, it pleases you. Nevertheless, be careful, because someone might be jealous. (It might even be you.)

Sagittarius Nov. 23 - Dec. 21
Go gently when dealing with friends today, especially acquaintances in a group, because things might quickly turn nasty. Go with what works, and avoid what doesn't.

Capricorn Dec. 22 - Jan. 20
Avoid arguments with bosses, parents and VIPs today. For one thing, they will become public, and this might not look good for you. Stay chill.

Aquarius Jan. 21 - Feb. 19
Your enthusiasm for politics, religion or racial issues might quickly turn into an argument today, so be careful. Make sure you know your facts and that you stick to them.

Pisces
Feb. 20 - March 20
A dispute about shared property or inheritances might get out of hand today. Try to avoid this, if you can. Postpone this discussion till another day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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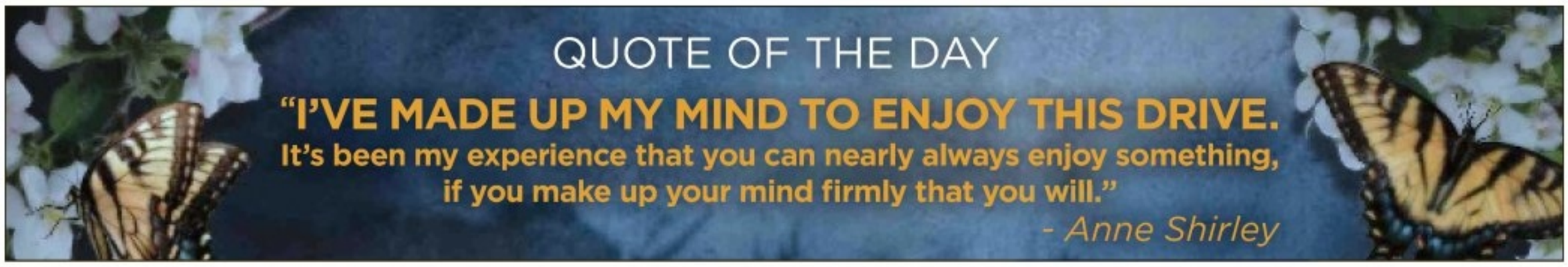
QUOTE OF THE DAY
"I'VE MADE UP MY MIND TO ENJOY THIS DRIVE.
It's been my experience that you can nearly always enjoy something,
if you make up your mind firmly that you will."
- Anne Shirley

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IT'S BETTER TO BE A MEMBER

Current as of March 10, 2017. Available with select plans on 30 day or 2-year agreements. One-time connection charge ($15) applies to new activations or hardware upgrades. Services available with compatible devices. Monthly 9-1-1 fees apply in AB (44¢), NL (75¢), NB (53¢), NS (43¢), PEI (70¢), SK (62¢) and QC (46¢). Taxes extra. Other conditions apply. Offers and Member Benefits subject to change/cancellation at any time without notice. See your Agreement for details. Other restrictions apply; see virginmobile.ca for details. Unlimited Canada-Wide talk is valid only when calls are made from Canada to a Canadian number or calls received from any number while you are inside Canada. Samsung images; © 2017 Samsung Electronics Canada Inc. All rights reserved. Samsung and Samsung Galaxy are registered trademarks or trademarks of Samsung Electronics Co., Ltd., used with permission. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under license. All other trademarks are trademarks of their respective owners. © 2017 Virgin Mobile.